

NOVEMBER / DECEMBER 2024

# CROW RIVER SENIOR CENTER

SERVING THE COMMUNITIES & SURROUNDING AREAS OF ALBERTVILLE, HANOVER AND ST. MICHAEL

## CROW RIVER SENIOR CENTER

11800 Town Center Dr. NE,  
Suite 200

St. Michael, MN 55376

**Phone:** 763-497-8900

**Email:**

[jteigen@crowriverseniorcenter.com](mailto:jteigen@crowriverseniorcenter.com)

**Web:** [www.mnseniorcenters.org](http://www.mnseniorcenters.org)

**Mon - Fri:** 8:30am - 4:00pm

## INCLEMENT WEATHER REMINDER

If the STMA Schools are delayed 2 hours, closed, or have early release, then the Center will close accordingly.

Check local news and radio channels for school closings.

**CENTER CLOSED:**  
MONDAY, NOV. 11TH  
THURSDAY, NOV. 28TH  
FRIDAY, NOV. 29TH  
TUESDAY, DEC. 24TH  
WEDNESDAY, DEC. 25TH



Our Mission: "The Crow River Senior Center enriches lives by providing programs, services, social activities and a welcoming gathering place for seniors."



**THANKSGIVING LUNCHEON**

WEDNESDAY, NOV. 13TH

NOON LUNCHEON

COST: \$12.00

Menu: Turkey, Stuffing, Mashed Potatoes, Gravy, Candied Carrots, Dinner Roll, Dessert.

Music to follow by Amy and Adams.

**MUST REGISTER AND PAY IN ADVANCE BY NOV. 6th. NO REFUNDS AFTER THIS DATE.**



**VETERAN'S EDUCATION PROGRAM**

PRESENTED BY VETERAN'S SERVICE OFFICERS FROM THE COUNTY AND FORT SNELLING

TUESDAY, NOV. 19TH

1:30PM

This presentation, sponsored by CareBuilders at Home, will provide information and answer questions about benefits available to you as a Veteran. Learn how to obtain benefits, who to reach out to when you need help, plus important information about burial benefits for you and your spouse.

**CALL THE CENTER TO REGISTER.**



**HOLIDAY LUNCHEON**

WEDNESDAY, DEC. 4TH

NOON LUNCHEON

COST: \$5.00

LOCATION: ST. ALBERT PARISH CENTER  
5700 LANDER AVE NE,  
ALBERTVILLE, MN 55301

Menu: Honey Glazed Ham, Au Gratin Potatoes, Green Beans, Dinner Roll, Dessert.

**MUST REGISTER AND PAY IN ADVANCE BY NOV. 27th. NO REFUNDS AFTER THIS DATE.**

SPONSORED BY THE HANOVER,  
ST. MICHAEL AND ALBERTVILLE LIONS

**MEDICAL ASSISTANCE:  
HOW IT PAYS FOR THE NURSING HOME**

THURSDAY, NOVEMBER 7TH

10:00AM

Come and learn the rules to be eligible for Medical Assistance to pay for Long Term Care and how to protect your assets. Presented by Jill Adkins, Attorney at Law.

This presentation is done in collaboration with Becky Allard, LSW, from Senior Community Services.

**CALL THE CENTER TO REGISTER.**



**THE UNITED STATES FLAG: ORIGINS, EVOLUTION AND SYMBOLISM**

**MONDAY, NOVEMBER 18TH  
10:00AM**

The United States Flag is an important, perhaps, the most important, symbol of our identity and national pride. The history of the Flag reflects the history of our Nation itself. Join us to hear that story. Presented by David Jones.

**CALL THE CENTER TO REGISTER.**



**HOLIDAY PAINTING IN ACRYLIC  
THURSDAYS 9:00AM-11:30AM  
NOVEMBER 7TH & 14TH  
MUST ATTEND ALL CLASSES.**

Join us for some holiday painting fun! Experience some acrylic techniques as you paint a friendly Christmas Cow week one, and a decked out Holiday Barn, week two. Learn about acrylic over-paintings, mediums, shading, and blending. We'll be painting with acrylics then add some mixed media highlights.

**REGISTRATION OPENS WEDNESDAY, OCT. 30TH. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.**

THIS ACTIVITY IS MADE POSSIBLE BY THE VOTERS OF MINNESOTA THROUGH A GRANT FROM THE MINNESOTA STATE ARTS BOARD, THANKS TO A LEGISLATIVE APPROPRIATION FROM THE ARTS AND CULTURAL HERITAGE FUND.

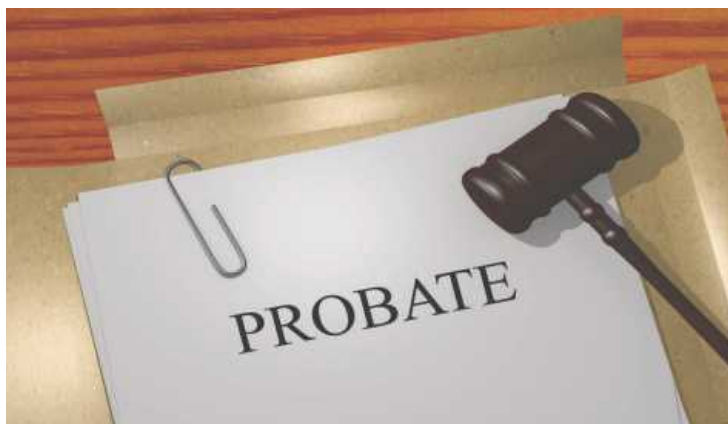


**PICTURE THIS!**

**WEDNESDAY, NOV. 20TH 10:00AM**

Do you want to learn how to take pictures or better pictures on your smartphone? We will do a hands on demonstration on how to take pictures, edit and send them on iPhone and Android devices.

**CALL THE CENTER TO REGISTER.**



## **HOW TO AVOID PROBATE**

**WEDNESDAY, DECEMBER 11TH 1:30PM**

Jackie Quackenbush, Regional Director for Legacy Assurance Plan, will share 5 ways to avoid probate & give a high level overview of what it means to have a solid estate plan in place.

**CALL THE CENTER TO REGISTER.**



## **CENTER MOVIES**

### **WHAT ABOUT BOB?**

**FRIDAY, NOVEMBER 15TH 1:00PM**

Bill Murray plays Bob Wiley, a troubled but lovable therapy patient who fears everything! After seeking help from psychiatrist Dr. Leo Martin (Richard Dreyfuss), Bob feels revived. But when the good doctor skips town to go on a family vacation, Bob, afraid of being alone, follows—showing up unexpectedly at their lakeside retreat. That's when the fun really begins! (1991) Rated PG, 1HR 39MIN

**CALL THE CENTER TO REGISTER.**

### **FOUR CHRISTMASSES**

**FRIDAY, DECEMBER 13TH 1:00PM**

Four Christmases is a 2008 romantic comedy film starring Reese Witherspoon, Vince Vaughn and Mary Steenburgen. The movie follows the story of Brad and Kate, a couple who usually avoid spending Christmas with their families by going on exotic vacations. However, due to a flight cancellation, they are forced to visit all four of their divorced parents on Christmas Day. (2008) Rated PG-13, 1HR 28MIN

**CALL THE CENTER TO REGISTER.**

## **MINNESOTA FROM THE ROAD: ST. PAUL**

**PRESENTED BY DOUG OHMAN  
MONDAY, DEC. 9TH 1:30PM**

Travel along with Historian, Doug Ohman, as he guides us on a tour to share stories about the sites that will be sure to help you see St. Paul in a brand new way.

**CALL THE CENTER  
TO REGISTER**



## EVENTS, CLASSES, PRESENTATIONS CONT.

### Changes to Medicare for 2025

**m** MINNESOTA  
SENIOR LINKAGE LINE



### CHANGES TO MEDICARE FOR 2025

**TUESDAY, NOVEMBER 12TH 10:00AM**  
**PRESENTED BY THE SENIOR LINKAGE LINE**

Medicare can be complicated, and it seems to change from year to year. Come learn about what's new in Medicare for 2025, so you can choose the best plan for your needs.

**CALL THE CENTER TO REGISTER.**

### PRECISION DRIVING CENTER 55+ DRIVING CLASS

**4 HOUR CLASS**

**FRIDAY, NOV. 22ND**

**9:00AM—1:00PM**

**COST: \$24.00 PER PERSON**

This 4-hour course is taught by a certified instructor and it will cover updates in laws, the latest vehicle technology, and address traffic safety and accident prevention measures. The class is a presentation and there is no test or behind the wheel exam. Completion of this course provides a 10% reduction on automobile insurance premiums for those age 55 and over. The previous 8-hour requirement to earn the discount has been changed by the state. A 4-hour course is all that is required to earn the discount now! Courses should be completed every 3 years to maintain the discount.

**To register, visit their website at:**

**[www.DriverDiscountProgram.com](http://www.DriverDiscountProgram.com) or  
call 1-888-234-1294 or 320-308-1400.**

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**Ben Allrich**

[ballrich@lpicommunities.com](mailto:ballrich@lpicommunities.com)

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## CARDIO DRUMMING

**TUESDAYS AT 9:30AM**

**NOV. 12TH & 26TH**

**DEC. 10TH**

**\$8.00 PER CLASS**

Interested in learning what Cardio drumming is all about? Try it out at the Center! We are offering two sessions per month taught by wellness coach Tanya Lotts. Tanya absolutely loves fitness! Her purpose is to help others get their bodies moving, feel amazing and have FUN! She has been teaching fitness for ten years within her community and online.

Included with your class is a complimentary recovery shake:

- \*24 Grams of Plant protein
- \*13g Carbs (low on glycemic index)
- \*5g of Fiber
- \*23 Essential Vitamins & Minerals

Cardio drumming is a form of exercise that utilizes drumming movements. It can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music.

**CALL THE CENTER TO REGISTER.  
INDICATE IF YOU WOULD LIKE A  
SHAKE.**

## FITNESS THROUGH ZOOM A PARTNERSHIP WITH WHITNEY SENIOR CENTER

### Enhance Fitness - Tuesdays & Fridays at 11:00am/ Wednesdays at 10:50am

Enhance Fitness is an evidence-based program designed to improve the overall functional fitness and well-being of older adults. The exercises focus on four key areas important to health and fitness: stretching and flexibility; low impact aerobics; strength training; and balance. **This is a free class.**

### Senior Yoga - Mondays/Wednesdays/ Thursdays at 10:00am

Increase your flexibility, balance, and range of motion as you move your entire body through a series of seated and standing yoga poses. Restorative breathing exercises and relaxation promote stress reduction and mental clarity. Optional chair support provides added stability when needed. **This is a free class.**

### TO JOIN THE ZOOM CLASSES:

Download zoom and enter the meeting id: 835 0494 6681 with passcode: 527330. You will also need to sign a Liability Waiver, which can be sent to you electronically or you can pick up a paper copy at the Crow River Senior Center. If you have SilverSneakers or Renew Active One Pass you can report your attendance. The reimbursement from your insurance company helps to support the cost to continue these programs. Call the Whitney Senior Center to record attendance at 320-255-7245.

## FITNESS CLASSES CONT.

### SILVERSNEAKERS

**MON/WED/FRI 9:00AM**  
**LOCATION: ALBERTVILLE CITY HALL**  
**5959 MAIN AVE NE**  
**ALBERTVILLE, MN**



SilverSneakers Classic is a fun, energetic workout designed to strengthen muscles, increase range of movement, and improve activities of daily living. Each class also includes balance exercises to help prevent falls.

SilverSneakers classes are Free for SilverSneakers members (through Medicare). If not a member, class is \$5.00

#### **Meet Casey, Our New Instructor!**

Casey is a Certified Personal Trainer/Group Fitness instructor with specialty certifications in Senior Fitness, Fall Prevention, and SAIL (Staying Active and Independent for Life). She has a passion for helping others achieve their fitness goals, and will be there to support and encourage you to do your best! Casey lives locally in Albertville with her husband, Jamie, and 2 teenage sons.

**Limited equipment available. Please bring your own set of hand weights (5lbs) if able.**

**NO SIGN UP REQUIRED, JUST COME!**

<p style="font-size: 1.2em; font-weight: bold;">Place Your Ad Here and Support our Community!</p> <p>Instantly create and purchase an ad with</p> <div style="background-color: #f4a460; color: white; padding: 5px; font-weight: bold; text-align: center;">AD CREATOR STUDIO</div> <p style="text-align: center; font-weight: bold;">lpicommunities.com/adcreator</p>	<p style="font-weight: bold; font-size: 1.2em;">COBORN'S MARKETPLACE</p> <p>5698 LaCentre Ave. NE, Albertville, MN (763) 497-0182</p>	<p style="font-weight: bold; font-size: 1.2em;">M&amp;D Plumbing &amp; Heating AC</p> <p style="font-weight: bold; font-size: 1.2em;">763-497-2031 St. Michael, MN</p>
<p style="font-weight: bold; font-size: 1.2em;">(763) 497-4407</p> <p>5600 Queens Ave. NE Otsego, MN 55330</p>	<p style="font-weight: bold; font-size: 1.2em;">“Quality Service You Expect”</p> <p style="font-weight: bold;">Check out our specials online  <a href="http://www.WestAIRHeating.com">www.WestAIRHeating.com</a> • 763-498-8071</p> <div style="border: 1px dashed black; padding: 5px; font-size: 0.8em;"> <p style="text-align: center; font-weight: bold;">AC Check &amp; Clean Special Just \$95.00</p> <p>For a tune-up of your cooling system (includes 1st 1/2 hour)              Offer good through August 30, 2025 at WestAIR Heating &amp; Cooling              Please present coupon at time of sale. If you can't use this coupon, perhaps your neighbor can.</p> </div>	<p style="font-weight: bold; font-size: 1.2em;">Ben Bauman</p> <p style="font-size: 0.8em;">Licensed Insurance Agent</p> <div style="border: 1px solid black; padding: 5px; font-weight: bold; text-align: center;">                 Medicare Questions?                  Part D Questions?                  (763) 241-7900             </div> <p style="font-size: 0.8em;">16854 Highway 10 NW Elk River, MN 55330</p> <p style="font-size: 0.7em;">We do not offer every plan available in your area. Currently we represent 7 organizations which offer 61 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.</p> <p style="font-weight: bold; font-size: 0.8em;">www.northcentralinsurance.com</p>



**PARKINSON'S SUPPORT GROUP**  
**TUESDAYS, NOV. 5TH / DEC. 3RD**  
**1:30PM—3:30PM**

If you're feeling frustrated about life with Parkinson's disease, being part of a support group can be one of the best ways to reduce stress and to connect with others who can relate to your experience. Caregivers and family members also benefit greatly from sharing questions and concerns with like-minded others and are welcome to attend.

**MEMORY CAFE**

**WEDNESDAYS**  
**NOV. 20TH AND DEC. 18TH**  
**1:30PM—3:00PM**

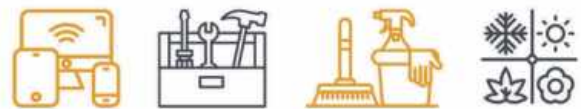
Memory Café offers different activities each month, providing a positive experience for older adults with memory loss (or other types of dementia) and their caregivers.

**The Crow River Senior Center will be hosting the Memory Café in November and December.**



**Empowering People as They Age**

The **HOME program** offers a variety of services including personal technology assistance, handyman services, home safety checks, housekeeping and lawn care/snow removal.



To learn more, call 763-416-7969 or email [hometeam@seniorcommunity.org](mailto:hometeam@seniorcommunity.org).



If you're helping an older adult in your life, you are a **caregiver**. Licensed social worker **Becky Allard, LSW**, can help you get the

support you need to sustain your ability to provide help and maintain your own life balance.

Make a **one-on-one appointment** for individualized support, guidance or advice.

Register for a **caregiver support group** held the 3rd Thursday of each month from 1:30 p.m. to 3:00 p.m. *Cost-share contribution suggested.*

612-804-0968

[b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org)



Try **CareNextion.org**, a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one.



**LEGAL AID APPOINTMENTS**

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older American Act funds from the Central Minnesota Council on Aging to provide legal services for seniors residing in Wright County. The funds will be used to provide legal advice, counseling and representation in court and administrative hearings. There is no cost for these services. If you are 60 years or older and reside in Wright County, you can get help with legal problems involving Medicare, Social Security, eviction or other housing problems, public benefits, such as medical assistance, food support and fuel assistance, family law issues, including domestic abuse and income maintenance, nursing home problems, home care services, powers of attorney, health care directives and debt collection. No help is provided for criminal matters, wills, estate planning or real estate transactions. Seniors can also call the St. Cloud office of Mid-Minnesota Legal Aid free at 1-888-360-2889 for scheduling an appointment. Online access: <http://mylegalaid.org>. Minnesota Legal Aid accepts contributions for legal services, but contributions are not required to receive legal help. Legal appointments are held monthly at the Center.



**TO MAKE AN APPOINTMENT:**

Call the Center at 763-497-8900.

Next available dates:

Monday, Nov. 4th  
Monday, Dec. 2nd  
9:00, 9:30 or 10:00am



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## TRIPS AND CONCERTS

### TREASURE ISLAND CASINO MONDAY DEC. 2ND \$25.00

The Crow River Senior Center will be sharing a coach bus to Treasure Island Casino with participants from the Monticello Senior Center. The bus will depart from the Crow River Senior Center at 8:30am and return at approximately 3:45pm. You will receive \$15.00 on your casino card to spend and \$3.00 off food. **Must register and pay in advance no later than Nov. 26th. No refunds after this date.**

### LE MUSIQUE ROOM: ELVIS GOSPEL CHRISTMAS SUNDAY, NOV. 24TH 2:00PM \$33.00

Elvis loved Christmas and his amazing career reflects that love. Now hear Mick Sterling and his band bring to life what the King loved so much. This show is a CD Release celebration as well as Mick and the band releases FROM THE KING FOR THE KING / The Gospel According to Elvis CD's.

**Must register and pay in advance by Nov. 12th. No refunds after this date.**

#### REGISTRATION/CANCELLATION FOR TRIPS

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration date.
- If you need to cancel, call the Center as soon as possible.

#### LE MUSIQUE ROOM REGISTRATION/ CANCELLATION AND TRANSPORTATION

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration.
- NO TRANSPORTATION is provided to this concert. The address to the Cinema is:  
4300 O'Day Ave NE, St. Michael  
Call the Center if you need to cancel.

### LE MUSIQUE ROOM: GRAND OLE OPRY CHRISTMAS MONDAY, NOV. 25TH 1:00PM \$33.00

A Grand Ole Opry Christmas honors the Christmas recordings of the pillars of Country and Rock and Roll in this joyous presentation featuring, along with Mick Sterling (4) more incredible lead vocalists, Cate Fierro, Shalo Lee, Lisi Wright and Dan Neale. All of the classic Christmas songs, joined by traditional Gospel and Spiritual songs round out this wonderful show.

**Must register and pay in advance by Nov. 12th. No refunds after this date.**

### LE MUSIQUE ROOM: A VERY DIVA CHRISTMAS MONDAY, DEC. 9TH 3:00PM \$33.00

Get ready for a dazzling holiday experience that will make your Christmas season sparkle like never before! Backed by a dynamic live band, or tracks, The Divas will pay tribute to classic Christmas hits that have warmed hearts for generations, while gliding seamlessly through the decades to the modern pop holiday tunes that define today's festive spirit! Feel the joy and nostalgia as they revisit timeless favorites, witness the evolution of Christmas music, and celebrate the enchanting Divas who've graced us with their iconic renditions of these beloved songs. From soulful ballads of the past to high-energy dance beats of today, "A Very Diva Christmas" promises an afternoon of holiday magic that will have you dancing, singing along, and leaving with hearts full of Christmas cheer!

**Must register and pay in advance by Dec. 2nd. No refunds after this date.**

### LE MUSIQUE ROOM: THE HOLY ROCKA ROLLAZ - 50'S ROCK-N-ROLL CHRISTMAS THURSDAY, DEC. 12TH 1:00PM \$33.00

Think of the most fun Christmas show ever. Now read on and that's what you will get! Take an authentic trip back to the fantastic 50s with The Holy Rocka Rollaz! If it's the classic early rock 'n' roll and rockabilly of Elvis Presley, Buddy Holly, Chuck Berry, Johnny Cash (and many more!) that you want, played just the way those legends played it...you have found your dream band! Minnesota's own Holy Rocka Rollaz bring back the sound, the look, the memories and nostalgia of one of America's most treasured eras. There's nothing but PURE EARLY AMERICAN ROCK 'n' ROLL about them.

**Must register and pay in advance by Dec. 5th. No refunds after this date.**

**BINGO**

THURSDAYS, 1:30PM

Thank you to the Hanover Lions for donating Bingo prizes to the Center!

Bingo sponsored by The Legacy of St. Michael Thursdays, Nov. 14th and Dec. 12th at 1:30pm.



Bingo sponsored by Beaudry Hometown Insurance, Thursday, Nov. 7th at 1:30pm.

**CRIBBAGE TOURNAMENT**

FRIDAYS, 9:00AM—11:00AM

Come play Cribbage at the Center!  
\$1.00 to enter the tournament. Arrive at 8:45AM for sign up.

**DOMINOES**

MONDAYS, 1:30PM—3:30PM

**BRIDGE**

TUESDAYS, 1:15PM—3:30PM

**HAND AND FOOT**

WEDNESDAYS, 9:00AM—11:00AM

**500**

WEDNESDAYS, 1:15PM—3:30PM

**PINOCHLE**

THURSDAYS, 9:00AM—11:00AM

**EUCHRE**

FRIDAYS, 1:00PM—3:30PM

**MAHJONG**

FRIDAYS, 1:00PM—3:30PM





**BOOK CLUB**

**2ND TUESDAY OF THE MONTH  
1:30-3:30PM**

Nov. 12th: "Inside the O'Briens"  
By Lisa Genova

Dec. 10th: "Before We Were Yours"  
By Lisa Wingate

Jan. 14th: "The Women"  
By Kristin Hannah

Feb. 11th: "The Tender Land"  
By William Kent Krueger



**WRITERS GROUP**

**1ST AND 3RD MONDAYS OF THE MONTH  
1:30-3:30PM**

If you would like to try your hand at recording your memories, writing poetry, short stories, etc., then join the writers' group! Open to everyone, no experience necessary!

**ARTIST GROUP**

**MONDAYS 9:30—11:00AM**

Join other artists like you who enjoy creating! Bring in your projects to work on, share ideas, and just have a good time!

**STITCH GROUP**

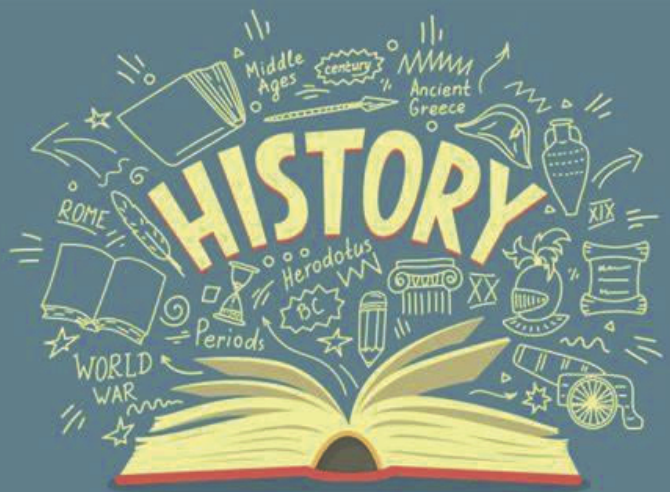
**TUESDAYS 9:00-11:00AM**

Do you like to knit, crochet or do needlecraft? Join the group to work on your own projects and visit!

**GOLDEN AGE**

**1ST TUESDAY OF THE MONTH  
LOCATION: HANOVER CITY HALL  
12:00PM YEARLY DUES: \$20.00**

This is a group of 55+ that meets monthly for lunch and games. If interested, please call Donna at 763-334-0991 or Darlene at 763-497-4324.



**HISTORY GROUP**

**1ST AND 3RD TUESDAYS OF THE MONTH  
9:00—11:00AM**

Do you enjoy history? Get together with others in person that share this interest!

## THE SPOILED SURPRISE

SHARON NELSON

Thanksgiving was celebrated at our house with our aunts, uncles and cousins in attendance. It was the usual fun with the big dinner-kids sitting at a kids table in the living room. We liked sitting away from the adults as this gave us a chance to relax our table manners. The menu was the typical Scandinavian spread. Turkey, potato sausage, mashed potatoes, dressing, corn and gravy plus the relishes, cranberries and pickles. They always made sure there were ripe olives which made us happy as it was a game to place an olive on each finger on one hand and dance our fingers around as puppets. The potato sausage was another big hit as each ring of potato sausage had a tail on each end. The boys enjoyed grossing the girls out by squeezing the sausage so it squirted out of the tail. The parents never said anything as they knew we were just having some fun. Time getting close for the guests to leave, it was time for the cousins to write our name on a piece of paper and list the things we would like for Christmas. It came out OK as the four Olson kids equaled the other two families.

About a week later our mother got into high gear and started preparing for the Christmas celebrations. There were all the cookies to bake and other treats to make. Shopping for the gifts for everyone. I remember Mom and my aunt Yvonne would take a whole day and go somewhere where there were a larger selection of stores and do a power shopping. Yvonne did not yet know how to drive and her and Mom always came home tired but laughing. I guess they made the shopping day a special day of having fun. In later years we would hear some of the things that would make their day special.

Mom had to work hard to wrap all the gifts for us kids when we were in school. It was the Christmas when I was about 8 years old, Pat was 12, Richard was 11 and Jeannie 7 months. Pat and I had asked for figure skates. We weren't sure if we would get them but we were hoping. One Saturday afternoon after we had finished our share of the cleaning, we started to browse thru the wrapped gifts that were piled on the couch in the big hallway upstairs. Sure enough, we found a gift for each of us. Should we or should we not? That was the big question and temptation. We talked about it and giggled about it until we convinced ourselves that we could open the paper carefully and retape it. Mom would never know. Just don't let Richard know or he would tell on us. We did it! Yes, there were our hoped-for ice skates. After we had fixed the wrapping and set the boxes back where they had been we looked at each other and the excitement in our eyes turned to sadness as we realized that now we would not be surprised on Christmas eve and would we be able to pull off being really surprised when we open our gifts? I never did that again as I realized that half the fun is the anticipation.

## AARP VOLUNTEER OPPORTUNITY

### AARP FOUNDATION NOW RECRUITING VOLUNTEERS FOR TAX-AIDE

Tax-Aide offers free in-person tax preparation and assistance to low- and moderate-income individuals nationwide. Volunteers make a difference in their communities by helping taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. There are a variety of volunteer roles, including tax preparers, client facilitators, and those who can provide technical and management assistance. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

To learn about our volunteer opportunities, visit [aarpfoundation.org/taxaidevolunteer](http://aarpfoundation.org/taxaidevolunteer) or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

## RSVP VOLUNTEER OPPORTUNITIES

AMERICORPS SENIORS RSVP HELPS ADULTS AGE 55+ CONNECT TO MEANINGFUL VOLUNTEER OPPORTUNITIES THAT MATCH THEIR INTERESTS AND AVAILABILITY. CHOOSE FROM ONE TIME ROLES, SHORT TERM PROJECTS, FLEXIBLE ON-CALL OPTIONS, OR REGULAR ONGOING SCHEDULES.

### Make-A-Wish Minnesota

Be part of the team that makes a difference for children with critical illnesses (age 2 1/2-18 years). Serve as a kind of "pen pal" to help keep the child excited and engaged or serve with a volunteer partner to help the staff to create the best possible wish experience. Flexible opportunities requiring about 1-2 hours a month and can be done remotely. The average wish takes about 9-12 months.

### GED Class Assistants

Assist adult students in the West ABE program with GED class (math, reading, writing) or ESL class (reading, writing, listening, speaking). Additional duties include assisting classroom teacher with in-take paperwork, assessments, classroom set-up & tear-down, etc. Training will be provided. Choice of morning or evening sessions.

**CHAT WITH CAROLE, THE WRIGHT COUNTY AREA COORDINATOR TO LEARN MORE ABOUT THESE OR OTHER OPTIONS! 763-765-3036.**

## READERS THEATRE

Interested in reading/acting out short stories for children? Join our Readers Theatre Group and promote the love of reading to children in our local elementary schools. Call Jenny Teigen, Center Director, at 763-497-8936 for more information.

## JEWELRY AND CRAFT CORNER

Be sure to check out our jewelry and homemade crafts which have been donated to the Senior Center. Items for sale include jewelry, dish towels, scrubbies, pot holders, baby blankets, hats, gloves, etc. The sales from jewelry and crafts will go to benefit the Senior Center.

**DONATE GLASSES HERE**



Did you know the Center collects used glasses? We do!

Bring them here and the Albertville Lions will recycle them for another's use!

**THANK YOU TO THE ALBERTVILLE LIONS FOR THEIR GENEROUS DONATION TO THE SENIOR CENTER**

**THANK YOU TO ALL WHO HAVE DONATED TO THE SENIOR CENTER!**



**HEARING SCREENINGS**

**MONDAY, DEC. 9TH**  
**10:00AM—11:00AM**  
**BY APPOINTMENT**

Affinity Hearing is a local hearing care provider with locations in both St. Michael and Plymouth. We love to be involved in the community and are offering free hearing screenings.

Please call the Center at (763) 497-8900 to reserve a time for your hearing screening.

**BLOOD PRESSURE CHECKS**  
**TUESDAYS, NOV. 5TH & DEC. 3RD**  
**10:30AM—12:00PM**  
**BY APPOINTMENT**

Free blood pressure checks, by appointment, at the Center.

Please call  
**763-497-8900**  
 to schedule  
 your  
 appointment.



**LOOKING  
 FOR  
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**NOW LEASING!**

New, affordable, assisted living starting at \$2,895/month.

The first residents will access exclusive benefits and limited rate locks as part of the

**FOUNDER'S CLUB**



Discover the vibrant care of Volante Senior Living, designed to enhance you and your loved ones happiness, lifestyle, and peace of mind.

(763) 463-0708 | [hanover@volantesl.com](mailto:hanover@volantesl.com)



Schedule a tour today!



## MEALS ON WHEELS

Meals on Wheels is now being provided by Optage. To place a meal order, or for more information, contact Optage:

Phone: 651-746-8280

E-mail: [orders@OptageDining.org](mailto:orders@OptageDining.org)



## CENTER LUNCHES

**TUESDAYS, WEDNESDAYS & THURSDAYS @ NOON**

Meals are served at the Crow River Senior Center Tuesday through Thursday for seniors 60 and over. The meals at the Center are catered by River Inn of Hanover.

Cancellations may be made up to one day before, otherwise you are responsible for paying for your meal. Arrive by 11:45am so that we may serve the meals promptly at noon.

Cost: \$7.00 per meal. If possible, please bring correct change or purchase punch cards.

Punch cards are available to purchase at the price of \$35.00 for 5 meals.

Call the Center at 763-497-8900 to make reservations. Please do not call River Inn.

*Schedules are subject to change without notice. Numbers will be limited to comply with space and volunteer help.*

We ask that you make your reservation for lunch the Friday prior or before. As we are filling up to capacity on most days, you may want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot for lunch on any given day.

## HANOVER FOOD SHELF

**FREE DRY GOODS, DAIRY, BAKED GOODS, MEATS, PERSONAL CARE ITEMS**

Location:  
11024 Church St.  
Hanover  
763-498-0086

Hours:  
1st & 3rd Mondays  
5:00pm to 7:00pm

Tuesdays & Fridays  
12:00pm to 2:00pm

Wednesdays  
10:00am to 2:00pm

The Food Shelf is closed on National Holidays and in case of inclement weather, we follow the Buffalo/Hanover School District closings.





## **COMPLIMENTARY BIRTHDAY LUNCH**

In January, we will start offering complimentary birthday lunches valid only during the month of your birthday. You will need to sign up for the lunch in advance and let the receptionist know that this will be your complimentary birthday lunch. As our lunches tend to fill up fast (and we have limited capacity), we would encourage you to sign up as soon as you can to make sure that you are able to enjoy the complimentary birthday lunch of your choosing. Happy Birthday!

## **SILVERSNEAKERS: MONTICELLO**

**MON/WED/FRI 9:00AM**  
**LOCATION: FITNESS EVOLUTION**  
**133 SANDBERG ROAD**  
**MONTICELLO, MN 55362**  
**763-295-3002**

Did you know that Fitness Evolution in Monticello offers Silver Sneakers fitness classes? If you are interested, stop by or call Fitness Evolution to sign up! If you are Silver Sneakers eligible, the classes are free!



## **MEDICARE OPEN ENROLLMENT OCT. 15TH—DEC. 7TH**

It's important to review your Medicare plan every year so everything you need is still covered.

- Plan premiums and drug coverages may change
- New plans may be a better option
- You might qualify for help to cover Medicare costs.

Call Senior Linkage Line to find the best plan for you!

**1-800-333-2433**

## **BOARD GAMES**

Did you know that we have board games here at the Senior Center? We do! If you want to get together with friends for some fun, come to the Center and grab a game! We have Sorry, Scrabble, Rummikub, Farkle, Apples to Apples, Word on the Street, Chess, Checkers, and more!



**SENIOR LINKAGE LINE**

**NEED HELP? CALL US, IT'S FREE!**

We'll get you connected to the services you need in your community, including: Transportation, Housing, Prescription Assistance Programs, Medicare Part D, Home Health Care, Housekeeping, Hospice, Caregiver Support, Legal Assistance, Financial Assistance, Minor Home Repair, Medicare Health Insurance Counseling, Home Delivered Meals and Senior Dining, Food Shelves, Volunteering, Assistance Applying for Programs and much more!



**TRAILBLAZER**

Trailblazer Transit is a general public transit system that provides rides to people of all ages for just about any reason! These elevator-equipped buses provide service throughout Sibley, McLeod, and Wright Counties plus some limited service into other neighboring cities. The buses operate Monday through Friday from 6:30am—5:30pm. Ride availability for each customer will vary depending on travel time and other factors.

For more information: 320-864-1000  
[www.TrailblazerTransit.com](http://www.TrailblazerTransit.com)

**COMMUNITY HAPPENINGS**

**FYCC TURKEY FAMILY BINGO**

Thursday, November 14th  
6:30pm—7:30pm  
Location: Albertville City Hall

**ALBERTVILLE LIONS RED CROSS BLOOD DRIVE**

Tuesday, November 19th  
12:00pm—6:00pm  
St. Albert Parish Center  
5700 Lander Ave NE, Albertville

**HANOVER FIRE DEPARTMENT TURKEY BINGO**

Friday, November 22nd  
6:30pm until complete  
Hanover Fire Department  
1369 Labeaux Ave, Hanover

**WOMEN OF TODAY CRAFT FAIR**

Saturday, November 23rd  
9:00am—4:00pm  
STMA High School  
5800 Jamison Ave NE, St. Michael

**ALBERTVILLE LIONS CHRISTMAS IN THE PARK**

Sunday, December 1st  
2:00pm—5:00pm  
Albertville Central Park  
Come celebrate the season with the community. Event is free to everyone! Embrace and dress for the season. Event is outdoors with exception of Santa and Mrs. Clause who are inside the Depot. Tree Lighting at 5:00pm.

**FYCC SANTA FAMILY BINGO**

Thursday, Dec. 5th  
6:30pm—7:30pm  
Location: Albertville City Hall

**CAROLING AT THE HANOVER HISTORICAL BRIDGE**

Friday, December 6th  
6:00pm—8:00pm

**WINTERFEST**

Saturday, December 7th  
2:00pm—5:00pm  
St. Michael City Hall and Town Center Park



# TECH SUPPORT APPTS. / CENTER REMINDER



## Technology Support Appointments

We can help you:

- Troubleshoot device settings or errors
- Find and use helpful device features
- Manage online security and safety
- Download and manage applications
- Virtually connect via Zoom or Facetime

**2nd and 4th Tuesdays**  
**9:00 AM - 12:00 PM by appointment**



Call 763-497-8900  
to schedule your **free** session.

*A service provided by the HOME program  
and partially funded by Hennepin & Wright Counties.*

Last updated 03.14.2024

## CENTER REMINDER:

To ensure everyone feels comfortable, please keep conversations friendly and inclusive by refraining from discussing politics.

Thank you for your understanding.

**THRIVE  
LOCALLY**

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I N C**

**GENERAL  
CONTRACTOR**  
**763-497-4444**



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**St. Michael, MN 55376**

**763.497.2455 | Dehmers.com**  
**info@dehmers.com**

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**Ben Allrich**

**ballrich@lpicommunities.com**

**(800) 950-9952 x2757**



**Blake Beaudry**

Blake@BeaudryHometown.com  
Text Me @ 763.299.6518

5850 Barthel Industrial Dr., Suite 102  
P.O. Box 128 | Albertville, MN 5301

## LET US GUIDE YOUR MEDICARE JOURNEY.

*BeaudryHometown.com | 763.497.2797*

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# CRSC ACTIVITIES CALENDAR—NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>01</b>
				9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
9:00A Legal Aid 9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Writer's Group	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 10:30A Blood Pressure Appts 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:00P Golden Age of Hanover 1:15P-3:30P Bridge 1:30P Parkinson's Support Group	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 9:00A Holiday Acrylic Painting 10:00A Senior Yoga (Zoom) 10:00A Medical Assistance Noon Lunch at Center 1:30P Bingo sponsored by Beaudry Hometown Insurance	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>CENTER CLOSED</b>	9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 9:30A Cardio Drumming 9:00A-12:00P Tech Support 10:00A Medicare Present. (Zoom) 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P-3:30P Book Club	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Thanksgiving Luncheon 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 9:00A Holiday Acrylic Painting 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo sponsored by The Legacy of St. Michael	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 10:00A The United States Flag 1:30P—3:30P Dominoes 1:30P Writer's Group	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P Veteran's Education Program	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Picture This! 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at Crow River Senior Center	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo 1:30P—3:00P Caregiver Support Group	9:00A SilverSneakers (Albertville) 9:00A 55+ Driving Class 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Grand Ole Opry Christmas 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center  <b>CENTER CLOSING AT 1:00PM</b>	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>

## CRSC LUNCH MENU—NOVEMBER 2024

### MEAL ORDERING DEADLINE

Call to reserve your spot by 2pm the Friday prior for the following week. As we are filling to capacity on most days, you might want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot. Cancellations can be made at least 1-day prior. Call 763-497-8900

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01
			<b>NO LUNCH Deadline to call in orders for next week.</b>
05	06	07	08
Chicken ala King Biscuit Peas	Beef Tacos Taco Sauce Sour Cream	Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend	<b>NO LUNCH Deadline to call in orders for next week.</b>
12	13	14	15
Cobb Salad Breadstick	Thanksgiving Luncheon	Chicken Enchiladas Refried Beans w/ Cheese, Lettuce, Sour Cream, Tomatoes	<b>NO LUNCH Deadline to call in orders for next week.</b>
19	20	21	22
Cabbage Rolls Veggie Dinner Roll	Liver & Onions Sautéed Baby Reds Buttered Carrots <b>(Chicken Alternative)</b>	Chicken Drumsticks Tots Coleslaw	<b>NO LUNCH Deadline to call in orders for next week.</b>
26	27	28	29
Chicken Cordon Bleu Wild Rice Blend California Blend	Swedish Meatballs Mashed Potatoes Corn Dinner Roll	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>

**\*Menu is subject to change without notice.**

# CRSC ACTIVITIES CALENDAR—DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<p><b>8:30A Departure for Treasure Island Trip</b></p> <p>9:00A SilverSneakers (Albertville)</p> <p>9:00A Legal Aid</p> <p>9:30A-11:00A Artist Group</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:30P—3:30P Dominoes</p> <p>1:30P—3:30P Writers Group</p>	<p>9:00A-11:00A Stitch Group</p> <p>9:00A-11:00A History Group</p> <p><b>10:30A Blood Pressure Appts</b></p> <p>11:00A Enhance Fitness (Zoom)</p> <p><b>12:00P Golden Age of Hanover</b></p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P Bridge</p> <p><b>1:30P Parkinson's Support Group</b></p>	<p>9:00A SilverSneakers (Albertville)</p> <p>9:00A-11:00A</p> <p>Hand &amp; Foot Cards</p> <p>10:00A Senior Yoga (Zoom)</p> <p>10:50A Enhance Fitness (Zoom)</p> <p><b>12:00P Holiday Luncheon at St. Albert Parish Center in Albertville</b></p> <p>1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle</p> <p>10:00A Senior Yoga (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:30P Bingo</p>	<p>9:00A SilverSneakers (Albertville)</p> <p>9:00A-11:00A Cribbage</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>1:00P-3:30P Mahjong</p> <p>1:00P-3:30P Euchre</p>
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>9:00A SilverSneakers (Albertville)</p> <p>9:30A-11:00A Artist Group</p> <p>10:00A Senior Yoga (Zoom)</p> <p><b>10:00A Hearing Checks</b></p> <p>1:30P—3:30P Dominoes</p> <p><b>1:30P Doug Ohman</b></p> <p><b>3:00P Le Musique Room: A Very Diva Christmas</b></p>	<p>9:00A-11:00A Stitch Group</p> <p><b>9:00A-12:00P Tech Support</b></p> <p><b>9:30A Cardio Drumming</b></p> <p>10:00A Advisory Board Mtg</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P Bridge</p> <p>1:30P-3:30P Book Club</p>	<p>9:00A SilverSneakers (Albertville)</p> <p>9:00A-11:00A</p> <p>Hand &amp; Foot Cards</p> <p><b>9:15A Dept. to A Grand Ole Opry Christmas</b></p> <p>10:00A Senior Yoga (Zoom)</p> <p>10:50A Enhance Fitness (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P 500 Cards</p> <p><b>1:30P How to Avoid Probate</b></p>	<p>9:00A-11:00A Pinochle</p> <p>10:00A Senior Yoga (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:30P Bingo</p> <p><b>Sponsored by The Legacy of St. Michael</b></p> <p><b>1:00P Le Musique Room: Holy Rocka Rollaz Christmas</b></p>	<p>9:00A SilverSneakers (Albertville)</p> <p>9:00A-11:00A Cribbage</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>1:00P-3:30P Mahjong</p> <p><b>1:00P Movie</b></p> <p>1:00P-3:30P Euchre</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>9:00A SilverSneakers (Albertville)</p> <p>9:30A-11:00A Artist Group</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:30P—3:30P Dominoes</p> <p>1:30P—3:30P Writers Group</p>	<p>9:00A-11:00A Stitch Group</p> <p>9:00A-11:00A History Group</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P Bridge</p>	<p>9:00A SilverSneakers (Albertville)</p> <p>9:00A-11:00A</p> <p>Hand &amp; Foot Cards</p> <p>10:00A Senior Yoga (Zoom)</p> <p>10:50A Enhance Fitness (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P 500 Cards</p> <p><b>1:30P Memory Café at Crow River Senior Center</b></p>	<p>9:00A-11:00A Pinochle</p> <p>10:00A Senior Yoga (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:30P Bingo</p> <p><b>1:30P—3:00P Caregiver Support Group</b></p>	<p>9:00A SilverSneakers (Albertville)</p> <p>9:00A-11:00A Cribbage</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>1:00P-3:30P Mahjong</p> <p>1:00P-3:30P Euchre</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>9:30A-11:00A Artist Group</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:30P—3:30P Dominoes</p>	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	<p>9:00A-11:00A Pinochle</p> <p>10:00A Senior Yoga (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:30P Bingo</p>	<p>9:00A-11:00A Cribbage</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>1:00P-3:30P Mahjong</p> <p>1:00P-3:30P Euchre</p>
<b>30</b>	<b>31</b>			
<p>9:30A-11:00A Artist Group</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P Bridge</p>			

# CRSC LUNCH MENU—DECEMBER 2024

## MEAL ORDERING DEADLINE

Call to reserve your spot by 2pm the Friday prior for the following week. As we are filling to capacity on most days, you might want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot. Cancellations can be made at least 1-day prior. Call 763-497-8900

Vegetables will be Chef's Choice.  
Menu is subject to change without notice.  
Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
Tater Tot Hotdish Side Salad Dinner Roll	<b>HOLIDAY LUNCHEON AT ST. ALBERT PARISH CENTER</b>	Chicken Wild Rice Soup Ham and Cheese Sandwich	<b>NO LUNCH Deadline to call in orders for next week.</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Lasagna Side Salad Dinner Roll	Hot Turkey Sandwich w/ Gravy Mashed Potatoes Corn	Fish Sandwich Tarter Sauce Macaroni Salad Chips	<b>NO LUNCH Deadline to call in orders for next week.</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Chili Side Salad Corn Bread	Liver & Onions Sautéed Baby Reds Buttered Carrots <b>(Chicken Alternative)</b>	Swiss Chicken Wild Rice Blend California Blend Dinner Roll	<b>NO LUNCH Deadline to call in orders for next week.</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Corn	<b>NO LUNCH Deadline to call in orders for next week.</b>
<b>31</b>			
Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Beans			<b>NO LUNCH Deadline to call in orders for next week.</b>

***\*Menu is subject to change without notice.***

THE CROW RIVER SENIOR CENTER  
11800 TOWN CENTER DRIVE NE, SUITE 200  
ST. MICHAEL, MN 55376

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Build your business and help us grow a vibrant community!

Nick Palasini from LPi, our news letter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.



**LPi** Nick Palasini  
Cell | 608-201-2593  
npalasini@4lpi.com



**CROW RIVER SENIOR CENTER**  
**ABOUT US**

The Senior Center is located at 11800 Town Ctr Dr NE, Suite 200 St. Michael.

The Center is open Monday through Friday check the schedule for times. For more information on programs & senior issues, call the center at 763-497-8900.

[www.mnseniorcenters.org](http://www.mnseniorcenters.org)